**WEEK 4 - THE RIGHT MINDSET: Thoughts Challenger Sheet**

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| Thoughts Challenger Sheet* Think of a situation that has put you in a negative frame of mind.
* Fill in the three headings like the example
* Ask yourself the four questions below
* Fill in the three columns

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| **Situation** | **Initial thoughts** | **Initial emotions** |
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| **Challenge your thoughts**The four questions* Is it true?
* Is it helpful?
* Is it fair?
* What would you say to your best friend to encourage them if they were in your shoes?

Or ask an affirmation question:* Why will I be able to finish vacuuming the whole house in the future?
* Why can I now do some of the vacuuming?
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| **More helpful thoughts** | **New emotions**  | **Helpful behaviour and an action plan** |
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